



LORI RESENDIZ

FITNESS PHILOSOPHY

We are amazingly created. Our bodies directly respond to what we eat and do. We only get one body so we need to make it last! I work with clients to educate, build confidence, empower them to make healthy life choices and help them reach new levels of fitness and well-being.

TRAINING SPECIALTIES

- NASM and ACE Certified Personal Trainer
 - B.A. Kinesiology/Exercise Management
 - NETA Certified Group Fitness Instructor
 - Instructor for BODYPUMP™, SilverSneakers, TRX Suspension Training, and Kettlebell Concepts
- Strength and muscular endurance training for stamina and endurance
 - Total body conditioning through cardiovascular and resistance exercise
 - Functional training to optimize daily activity & increased range of motion

MEMBER COMMENTS

“Lori is a fantastic trainer. She understands my goals she is always willing to change it up. She has helped me stay on track and continually encourages anything I do.”

“She is the best, really gets to know you, understands your goals, works with you to achieve your goals...A real motivator. Glad she is my trainer!!”

“Lori is an awesome trainer. I really feel that she cares about me as well as my fitness goals. I have no doubt that with her help I can finally be healthy and fit. Lori is helping me change my life and I am so grateful for her. I also want to mention that it is very inspiring to have a trainer who is very fit and healthy. I feel so lucky to have found such an amazing trainer and friend.”

FUN FACT

I am a mother of two crazy, beautiful girls!